

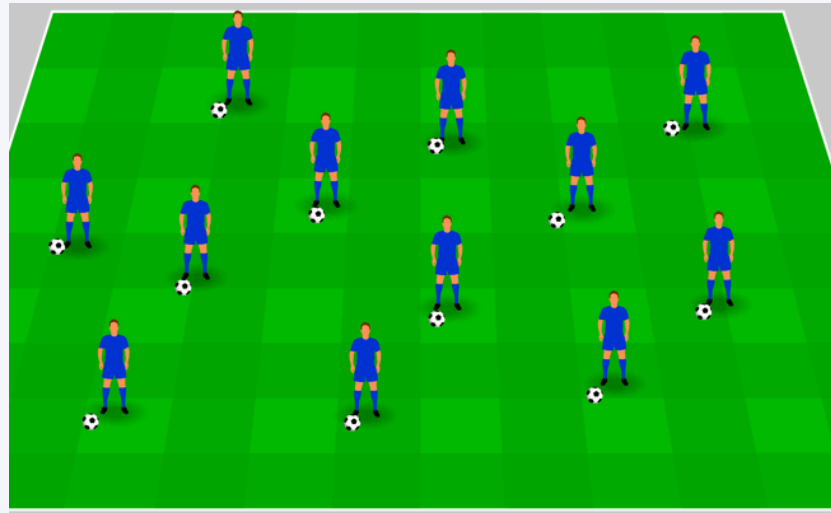


POSITIVE PASSING

SESSION 1 - POSITIVE PASSING

SESSION OVERVIEW

WARM UP



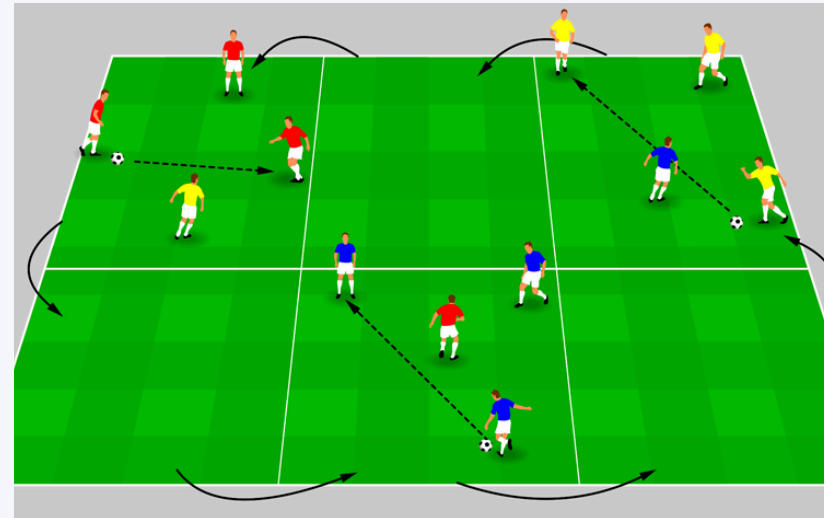
SET UP

Every player has a ball and finds their own space to juggle in.

Focus on teaching juggling low touch (below the waste)-bounce-high juggle (above the waste)-bounce

How many times can a player complete the pattern.

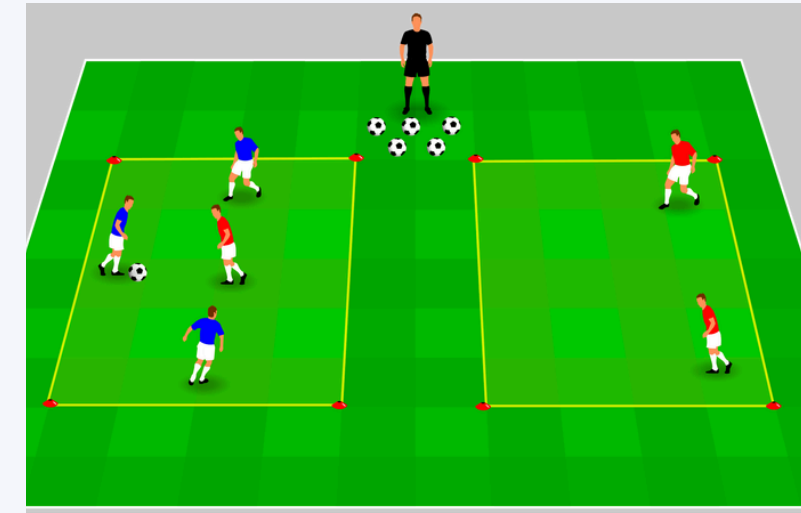
ACTIVITY 1



SET UP

Set up the middle third into 6 mini grids of 10-15 yards x 10-15 yards.

ACTIVITY 2

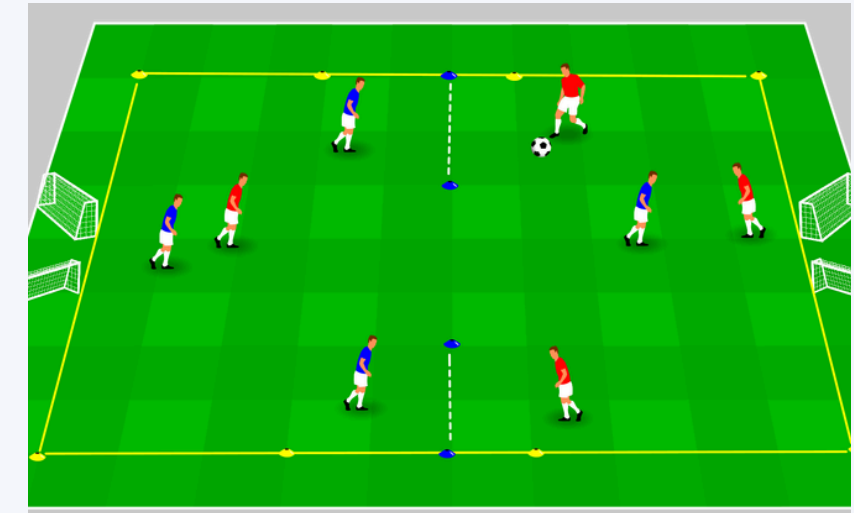


SET UP

Set up 2 playing fields with dimensions of about 15 yards in width by 20 yards in length with pop up goals set up in the middle of the end lines on each field.

Consider setting up a pylon at the halfway point to act as a retreat line if necessary.

ACTIVITY 3



SET UP

Set up 2 playing fields with dimensions of about 15 yards in width by 20 yards in length with pop up goals set up in the middle of the end lines on each field.

Consider setting up a pylon at the halfway point to act as a retreat line if necessary.



ACTIVITY 1

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

Inside the playing area, set up 6 playing grids as pictured. Players are then organized into 3 teams of 4 or 5 players per team.

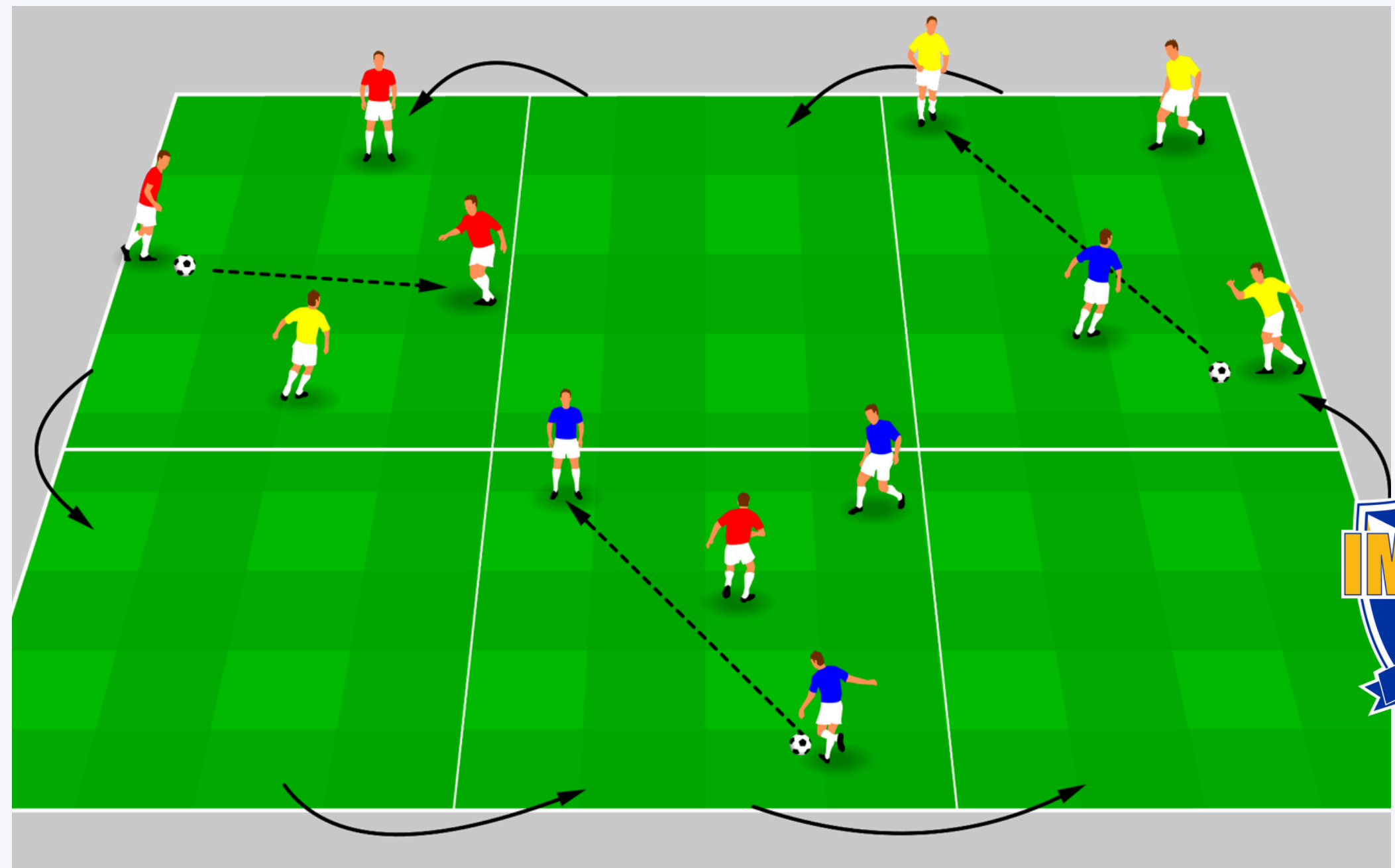
On the coach's cue, players will look to make 5 passes, then transfer the ball into the next grid. Once in the new grid, continue the sequence of passes again.

If you catch up to another group and complete your passes, you get to leap frog the group and go around them.

The goal of the activity is to make it back to your grid and complete the passes in the grid you started in before the other teams.

NOTE - If there are only 8 - 10 players, you would run this activity within 4 grids instead of 6.

PROGRESSION - The progression is pictured with the addition of a defender to make the activity a 3v1 or 4v1 depending on the number of players available for the session.



COACHING POINTS

Passing

- Make eye contact with the player you are passing to
- Focus on connecting your pass
- Proper weight and timing of the pass
- Pass into feet or into space

ACTIVITY 3

EQUIPMENT

Cones
Soccer Balls
Pinnies

ACTIVITY DESCRIPTION

Set up 1 set of Rondo grids (8 yards x 8 yards) with a 3 yard gap in between them for every 6 - 8 players in attendance. Example, 12 players = 2 of these set ups.

Players will play a 3v1 while the other 2 players wait in their grid for the ball to be played over. If the defender wins the ball, they are looking to pass the ball over to their teammates in wait.

U8's / U9's - Run this activity as individual 3v1's where the defender must dribble outside the grid to get a point.

COACHING POINTS

Dribbling

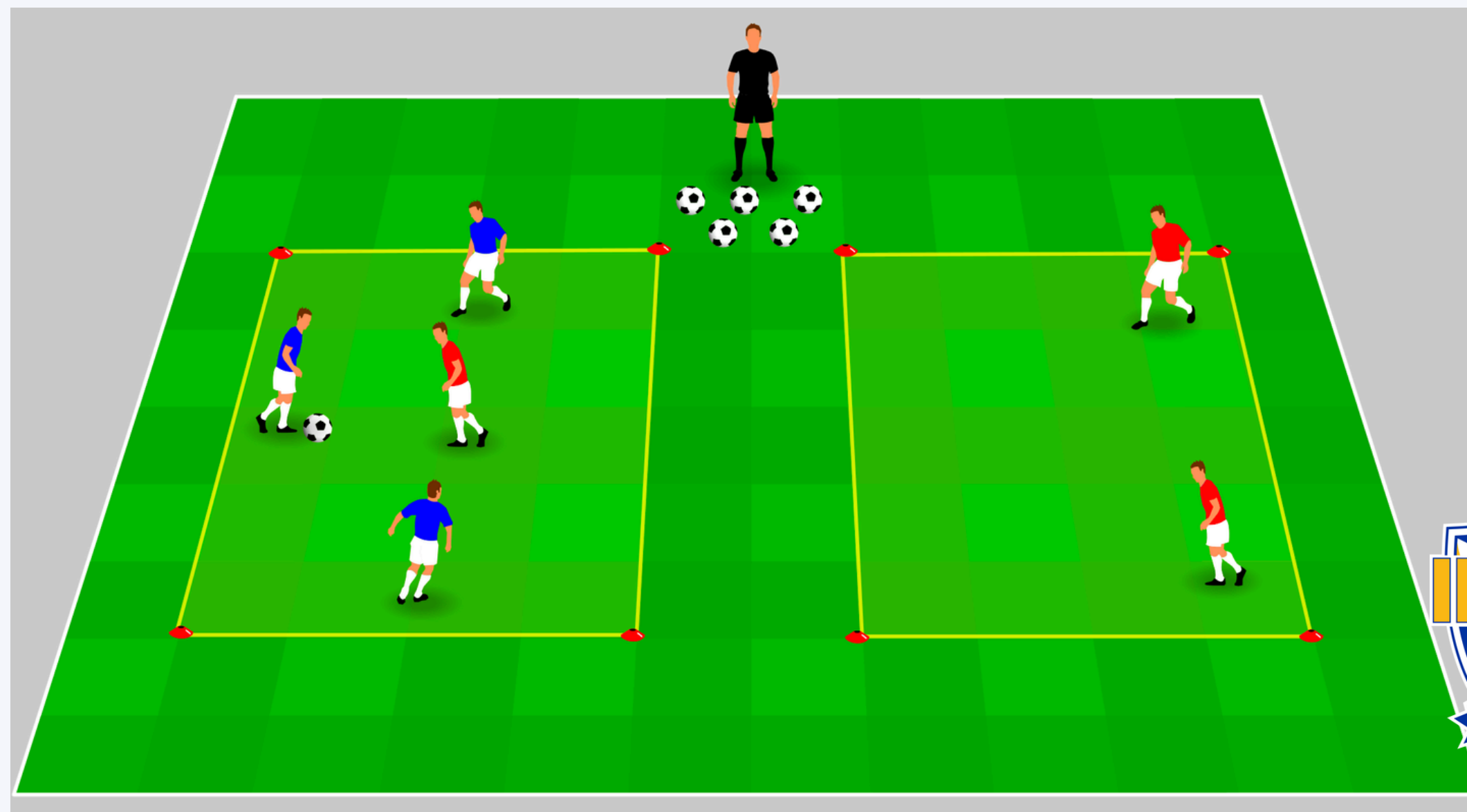
- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

The attacking team must take a minimum of 2 touches before passing to help develop their ball control skills. If an open pass isn't available, can players maintain possession of the ball by dribbling.

After the defender wins the ball back, attack the open space quickly to escape the pressure.

SCORING SYSTEM

2 Point = Attacking team connects 3 passes in a row

1 Point = Defender wins the ball back and passes it to their teammates.

NOTE - There is no point awarded if they win the ball but don't connect their pass with their teammate.



ACTIVITY 3

EQUIPMENT

- Cones
- Soccer Balls
- Pinnies
- Nets

ACTIVITY DESCRIPTION

Set up the field as pictured and divide the players up into 2 teams. The two teams are set up on the inside with subs set up on the outside waiting for their turn.

Just a regular game, teams are scoring directionally. If an attacking player can pass to a teammate on the other side of the gates on the wide channels and score, the goal will be worth 3 points total.

Look to make subs every 1:30 - 2 minutes.

Play is restarted on either a dribble in or a kick in.

COACHING POINTS

Dribbling

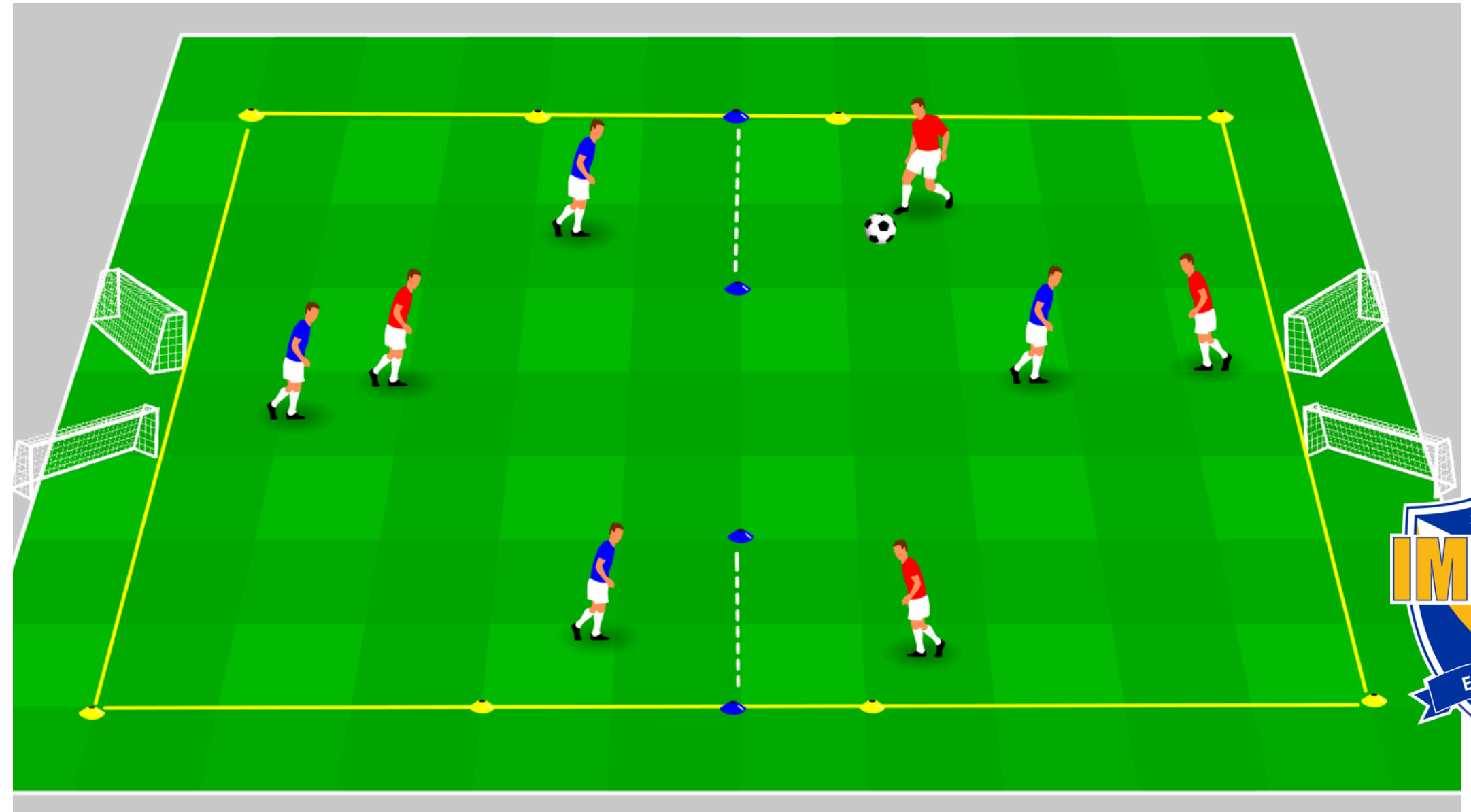
- Keep the ball close
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Passing

- Be patient, control the ball before passing the ball
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Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

Since the opposition can get a point from intercepting the ball, can we be more considerate and focused on our passing or look to dribble the ball more than forcing a pass.

Additional Constraints to get what we want out of the game could be players have to take a minimum of 3 touches prior to passing the ball.

SCORING SYSTEM

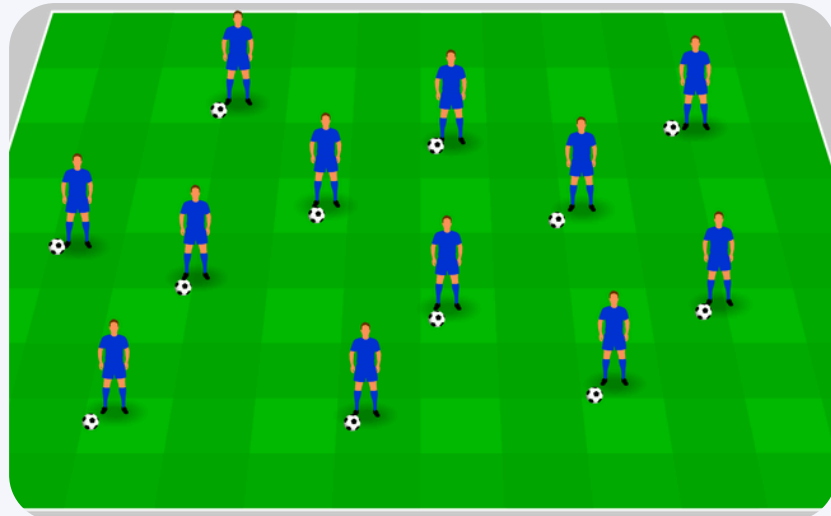
1 Point = Goal Scored on a Net

1 Point = Connecting a pass through one of the two wide gates.

SESSION 2 - POSITIVE PASSING

SESSION OVERVIEW

WARM UP



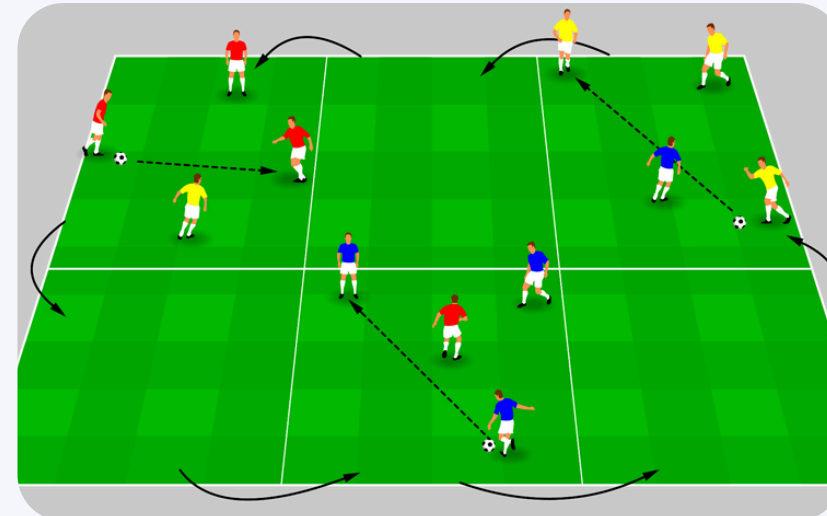
SET UP

Every player has a ball and finds their own space to juggle in.

Focus on teaching juggling low touch (below the waste)-bounce-high juggle (above the waste)-bounce

How many times can a player complete the pattern.

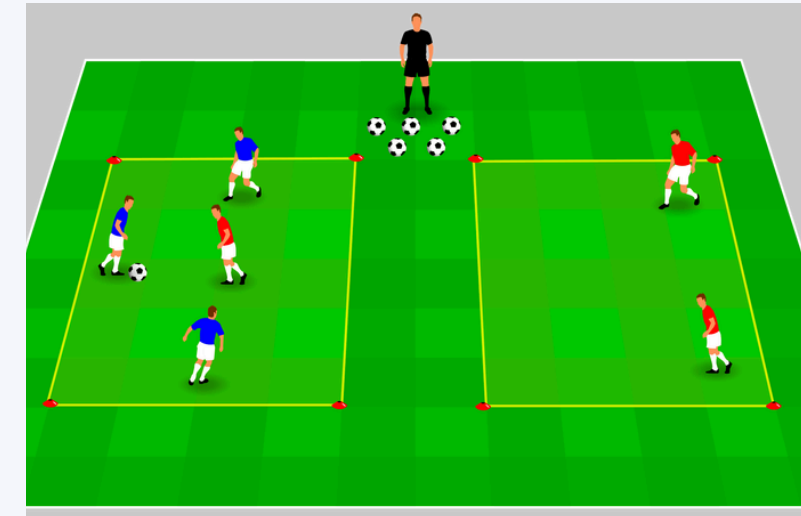
ACTIVITY 1



SET UP

Set up the middle third into 6 mini grids of 10-15 yards x 10-15 yards.

ACTIVITY 2

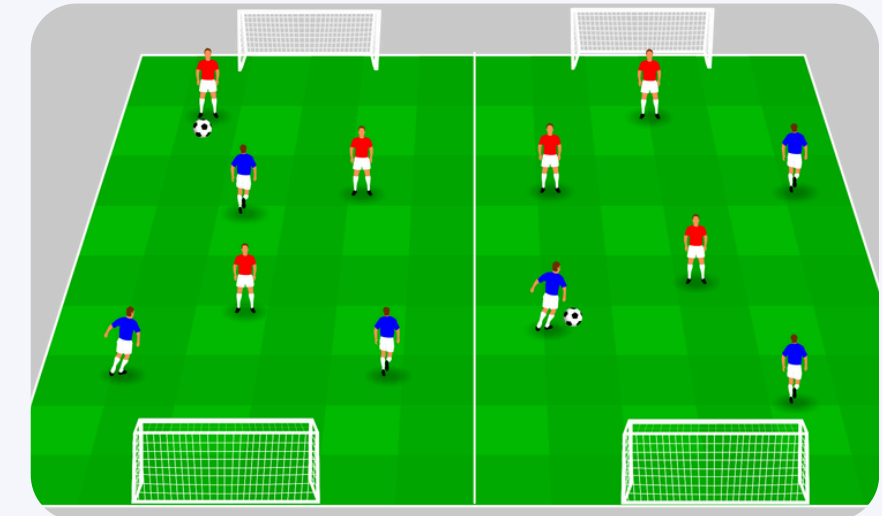


SET UP

Set up 2 playing fields with dimensions of about 15 yards in width by 20 yards in length with pop up goals set up in the middle of the end lines on each field.

Consider setting up a pylon at the halfway point to act as a retreat line if necessary.

ACTIVITY 3



SET UP

Set up 2 playing fields with dimensions of about 20 yards in width by 25 yards in length, space permitting, with pop up goals set up in the middle of the end lines on each field.

Consider setting up a pylon at the halfway point to act as a retreat line if necessary.



ACTIVITY 1

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

Inside the playing area, set up 6 playing grids as pictured. Players are then organized into 3 teams of 4 or 5 players per team.

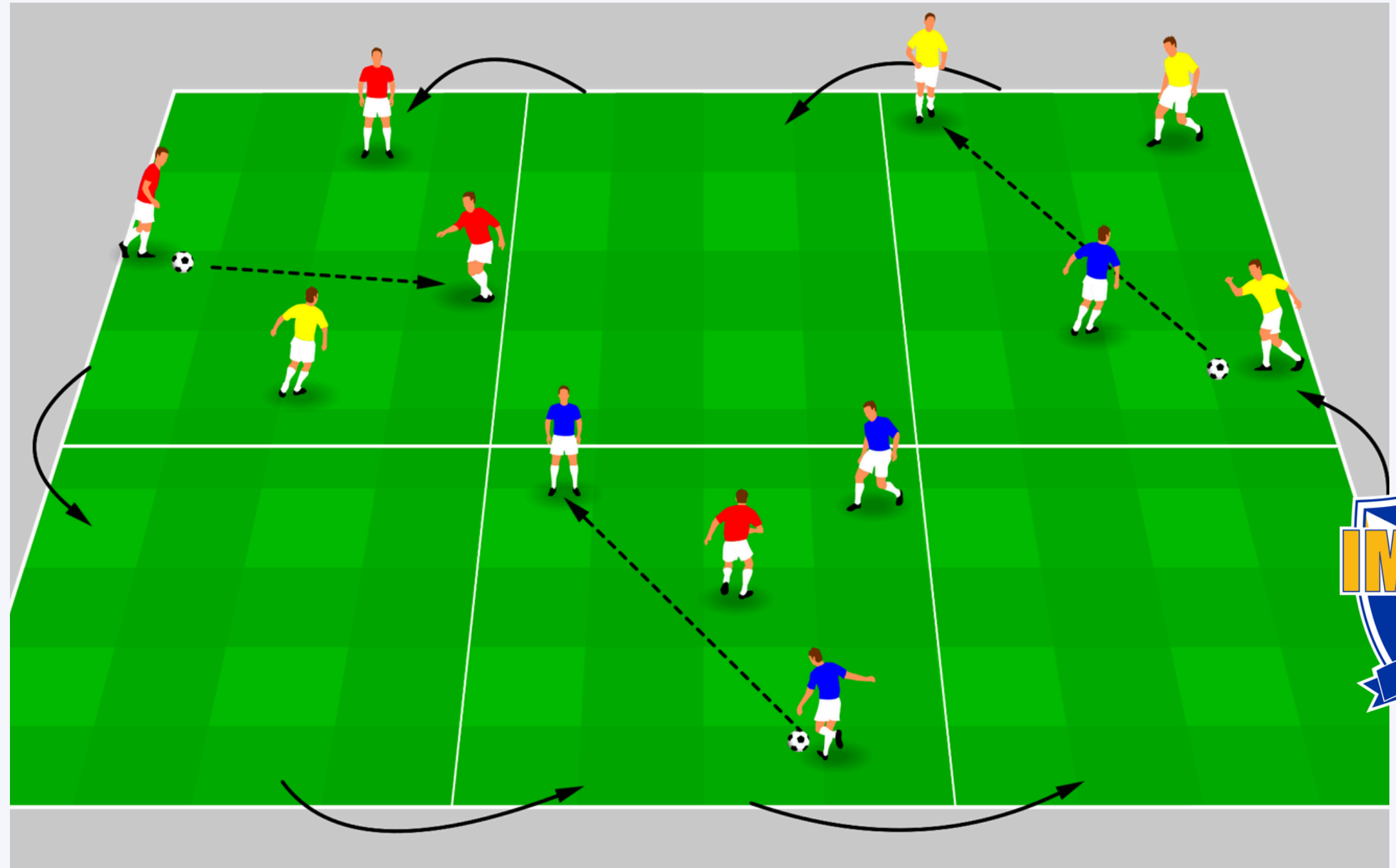
On the coach's cue, players will look to make 5 passes, then transfer the ball into the next grid. Once in the new grid, continue the sequence of passes again.

If you catch up to another group and complete your passes, you get to leap frog the group and go around them.

The goal of the activity is to make it back to your grid and complete the passes in the grid you started in before the other teams.

NOTE - If there are only 8 - 10 players, you would run this activity within 4 grids instead of 6.

PROGRESSION - The progression is pictured with the addition of a defender to make the activity a 3v1 or 4v1 depending on the number of players available for the session.



COACHING POINTS

Passing

- Make eye contact with the player you are passing to
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ACTIVITY 3

EQUIPMENT

Cones
Soccer Balls
Pinnies

ACTIVITY DESCRIPTION

Set up 1 set of Rondo grids (8 yards x 8 yards) with a 3 yard gap in between them for every 6 - 8 players in attendance. Example, 12 players = 2 of these set ups.

Players will play a 3v1 while the other 2 players wait in their grid for the ball to be played over. If the defender wins the ball, they are looking to pass the ball over to their teammates in wait.

U8's / U9's - Run this activity as individual 3v1's where the defender must dribble outside the grid to get a point.

COACHING POINTS

Dribbling

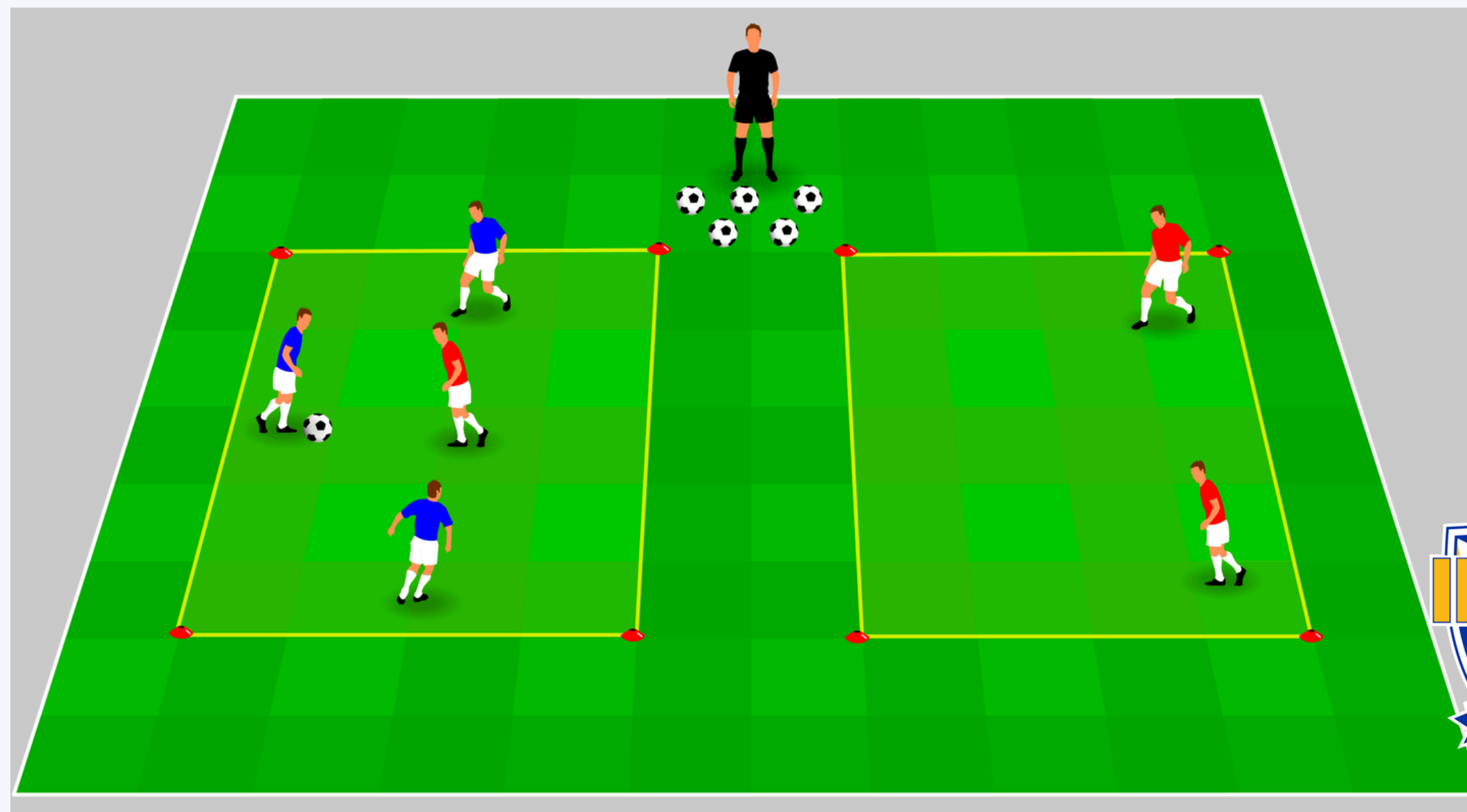
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Passing

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Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

The attacking team must take a minimum of 2 touches before passing to help develop their ball control skills. If an open pass isn't available, can players maintain possession of the ball by dribbling.

After the defender wins the ball back, attack the open space quickly to escape the pressure.

SCORING SYSTEM

2 Point = Attacking team connects 3 passes in a row

1 Point = Defender wins the ball back and passes it to their teammates.

NOTE - There is no point awarded if they win the ball but don't connect their pass with their teammate.

ACTIVITY 3

EQUIPMENT

- Cones
- Soccer Balls
- Pinnies
- Nets

ACTIVITY DESCRIPTION

Set up the field as pictured and divide the players up into 2 teams. The two teams are set up on the inside with subs set up on the outside waiting for their turn.

Just a regular game, teams are scoring directionally. The focus is on passing the ball but in order to be able to make good passes, we need to have good team shape.

Look to make subs every 1:30 - 2 minutes.

Play is restarted on either a dribble in or a kick in.

COACHING POINTS

Dribbling

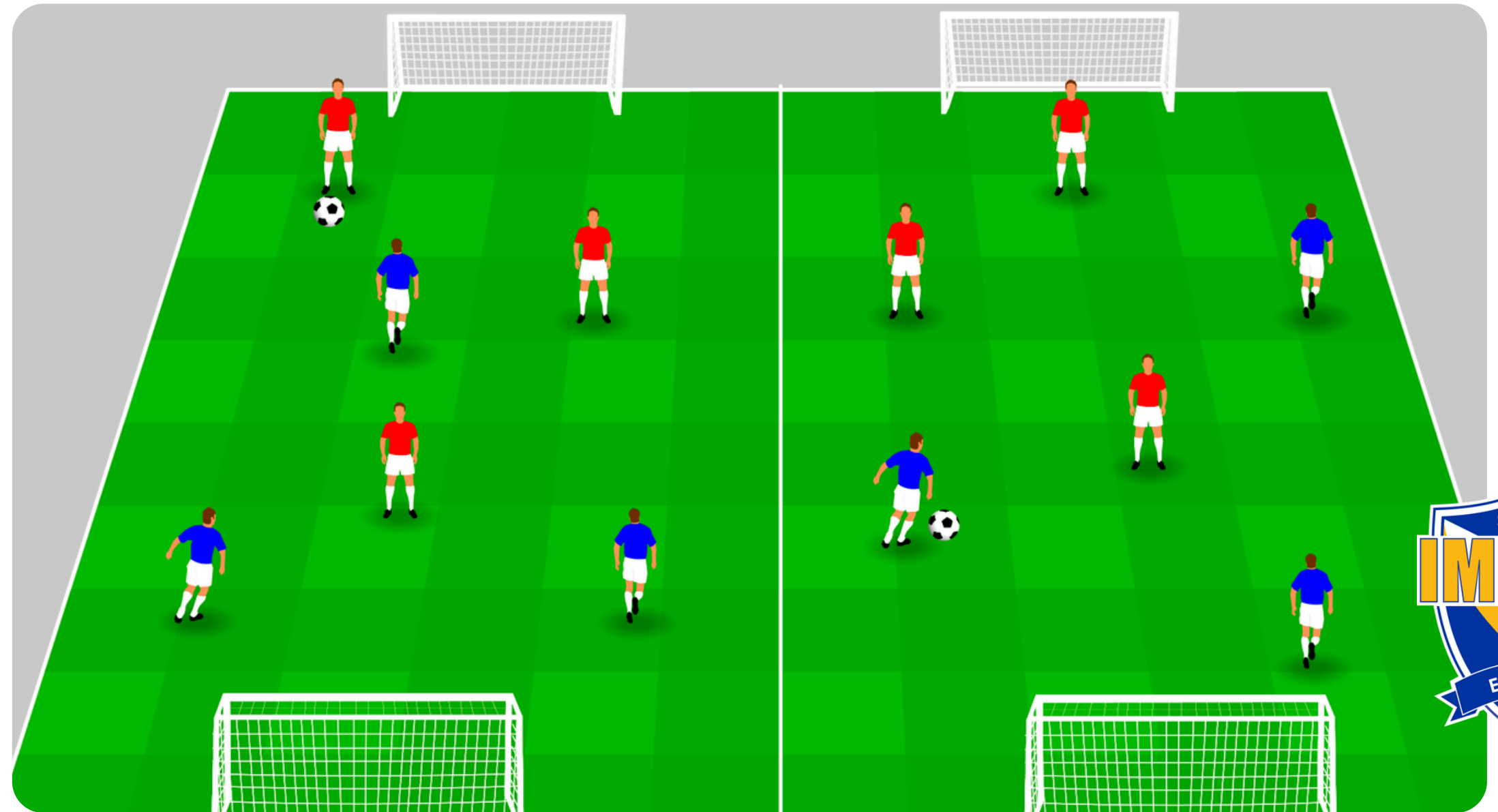
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Passing

- Be patient, control the ball before passing the ball
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COACHING CONSIDERATIONS

Since the opposition can get a point from intercepting the ball, can we be more considerate and focused on our passing or look to dribble the ball more than forcing a pass.

Additional Constraints to get what we want out of the game could be players have to take a minimum of 3 touches prior to passing the ball.

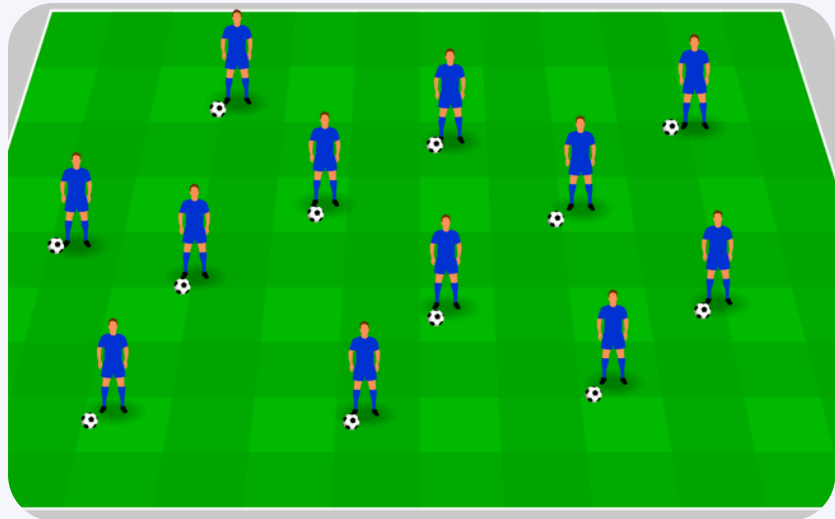
SCORING SYSTEM

1 Point = Goal Scored on a Net

SESSION 3 - POSITIVE PASSING

SESSION OVERVIEW

WARM UP



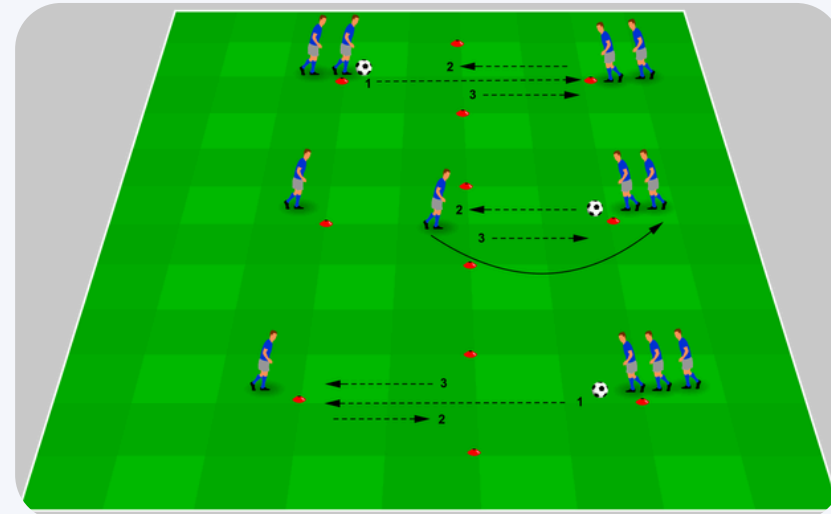
SET UP

Partner juggling, 1 ball between 2 players. Each player must take a minimum of 2 touches on the ball before passing it to their teammate.

EQUIPMENT

Cones
Soccer Balls
Pinnies
Pop Up Goals

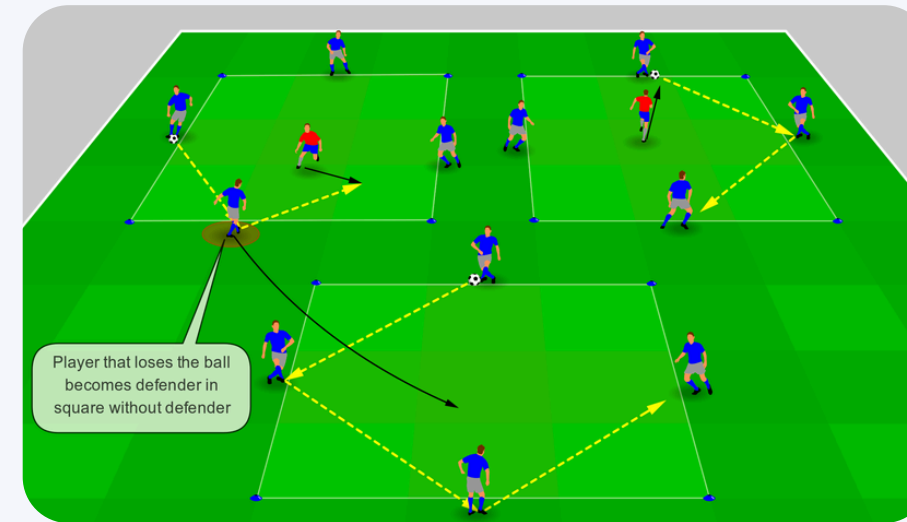
ACTIVITY 1



SET UP

Set up a Zig-Zag of Cones, 5 cones on each half of the field with 2 cones being set up closest to the boards and 3 cones on each side closest to the middle of the pitch with enough of a gap between the two sides for players to be able to dribble down the middle and have a shot on goal.

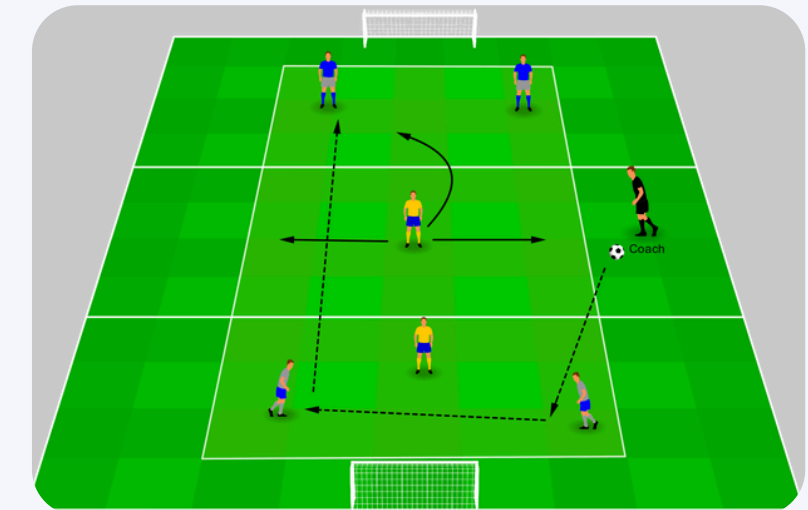
ACTIVITY 2



SET UP

Set up three mini grids of 15 yards x 15 yards. There is a gap of 5 yards between the grids with balls set up in the middle of the 3 grids for easy access from the players.

ACTIVITY 3



SET UP

Set up 2 playing fields with dimensions of about 15 yards in width by 25 yards in length with pop up goals set up in the middle of the end lines on each field.



ACTIVITY 1

ACTIVITY DESCRIPTION

Working on the tempo of playing short passes and long passes as well as passing and moving towards the pass.

Set Up - Set up as many sections as needed for 4-6 players per line.

Part A - The passer starts with a long pass through the gates, then shows to the midway line to receive a short pass.

Part B - After receiving a short pass, the player at the midway line is going to play a “BUMP” pass back and then rotate to the back of that line.

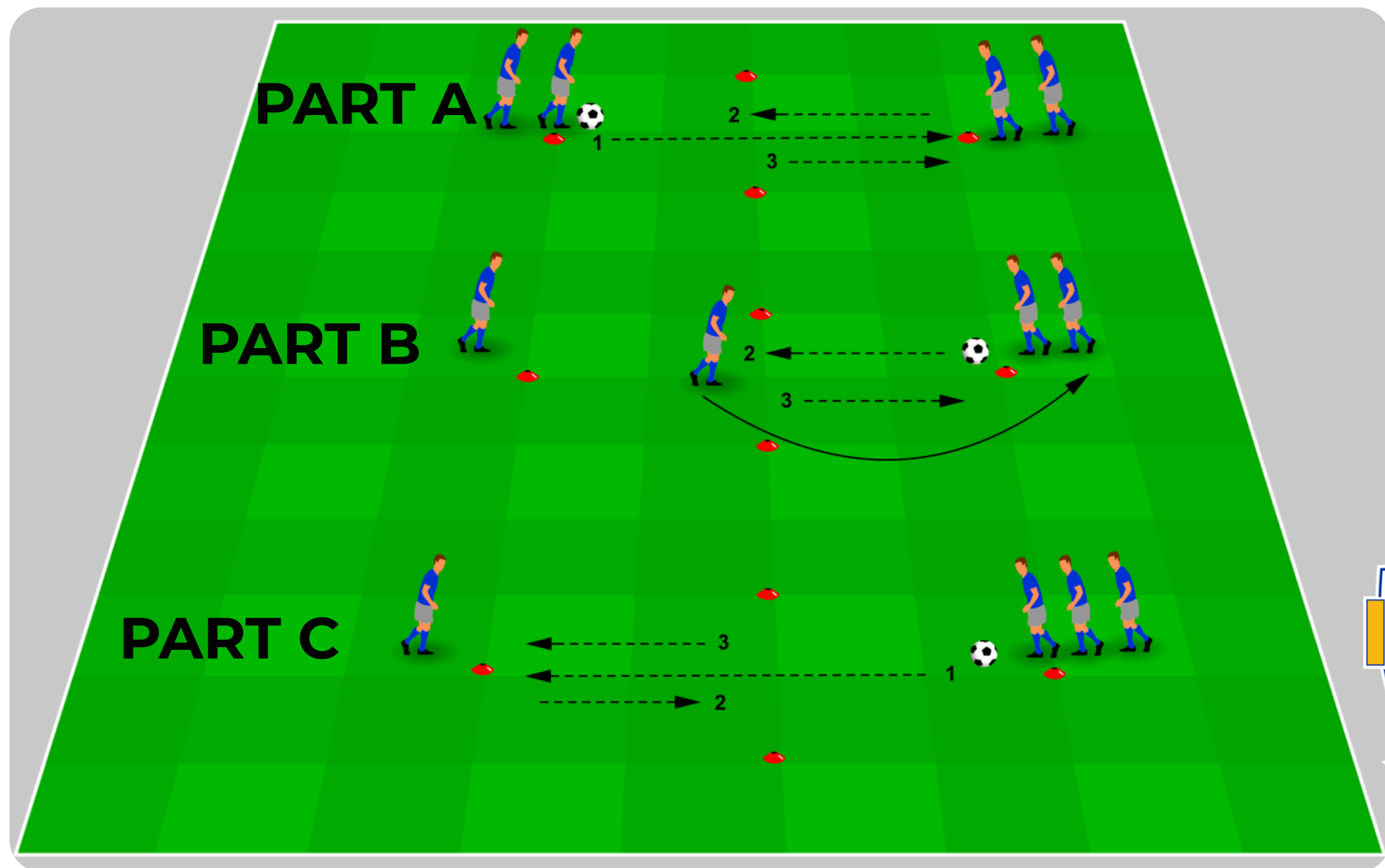
Part C - The player receiving the BUMP pass will then look to play a long pass to the next player in line across from them and look to repeat the pattern.

PATTERN

- Long Pass > Short Pass > Bump Pass > Long Pass > Short Pass > Bump Pass.

Progressions

- Instead of showing inside the cones, the player can look to work on providing an angle to receive the pass by receiving the pass on the outside of the middle cones.



COACHING POINTS

Passing

- Make eye contact with the player you are passing to
- Focus on connecting your pass
- Proper weight and timing of the pass
- Pass into feet or into space

COACHING POINTS

Receiving

- Make eye contact with the player who is passing to you
- Move into a good supporting position
- Know where you are passing to next (Who's the next pass_



ACTIVITY DESCRIPTION

- Mark out three 15 yard squares with 1 player on each side.
- In two of the squares, we have a 4v1 Rondo. In the third, there is no defender.
- When one of the defenders (RED BIB) wins the ball in an active Rondo, he then moves to the outside. The player that lost the ball takes the RED BIB and runs to the empty Rondo to become the defender in there.

REGRESSION

1. To make it easier, make the grid a bit bigger so that players have both time and space to make passes.

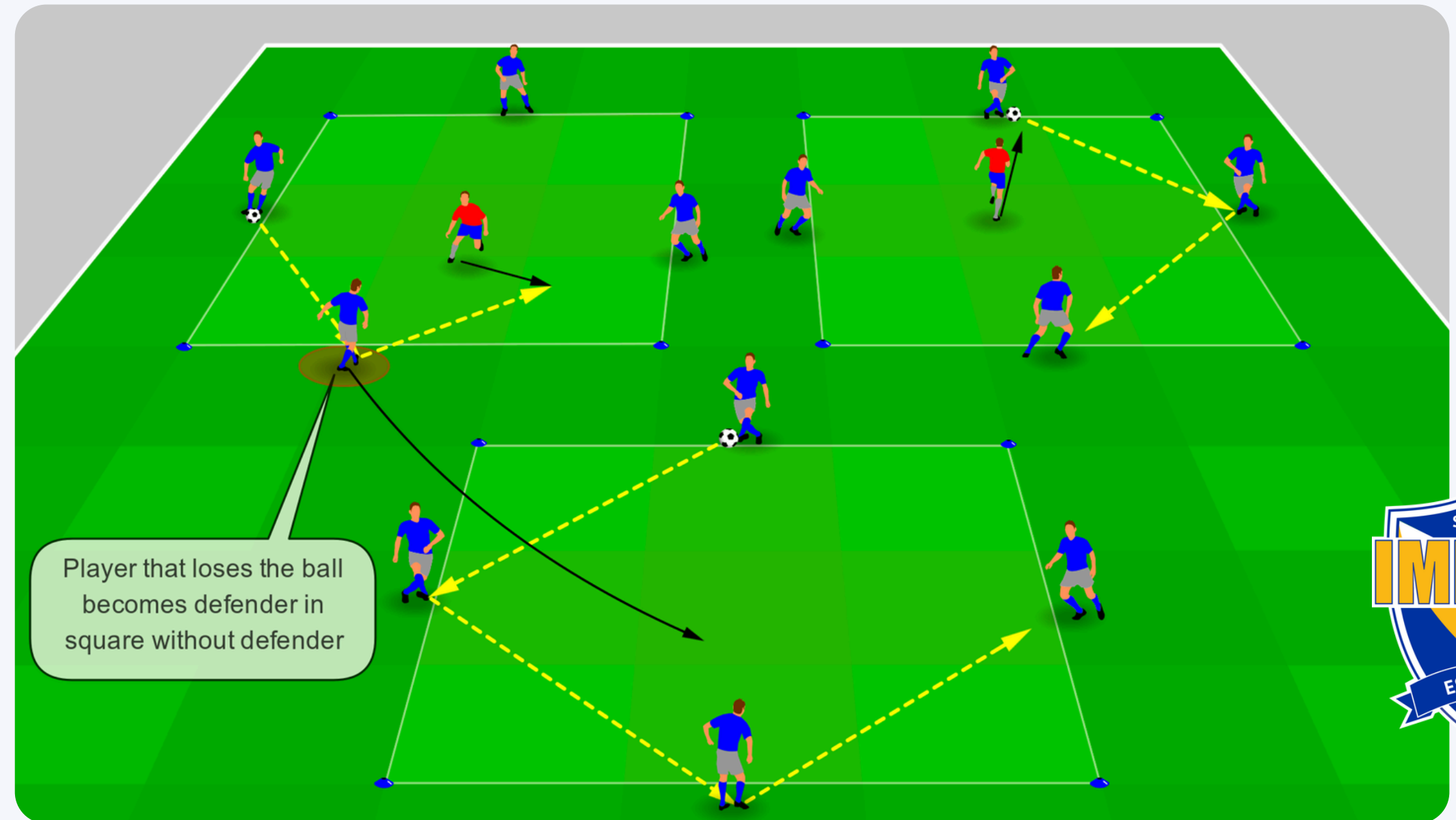
PROGRESSION

1. Allow the players to run into an active Rondo that already has a defender to create 4v2.
2. Limit the players to a maximum of 2 touches.

COACHING POINTS

Passing

- Make eye contact with the player you are passing to
- Focus on connecting your pass
- Proper weight and timing of the pass
- Pass into feet or into space



COACHING POINTS

Receiving

- Make eye contact with the player who is passing to you
- Move into a good supporting position
- Know where you are passing to next (Who's the next pass_

ACTIVITY DESCRIPTION

This activity is a 2 vs 2 + 2. In this activity, players will be set up to start with 2 players in each of the 3 zones in the playing area.

The coach will pass the ball into one of the bottom zones, once the players receive the pass, 1 player from the middle section will enter onto the pitch and play a 2v1.

The attackers are trying to play a pass across to their teammates in the far zone while the 1 defender inside the zone is trying to pressure and win the ball to score on the pop up goal. The remaining player in the middle zone is also trying to block the pass from going across.

Defenders will be in the middle for 2-3 minutes, then players will look to rotate with one of the end zones.

This activity can also be a 3v1 in the zones to ensure success. If needed, there can be 2 neutral players who are only in the attacking zones.

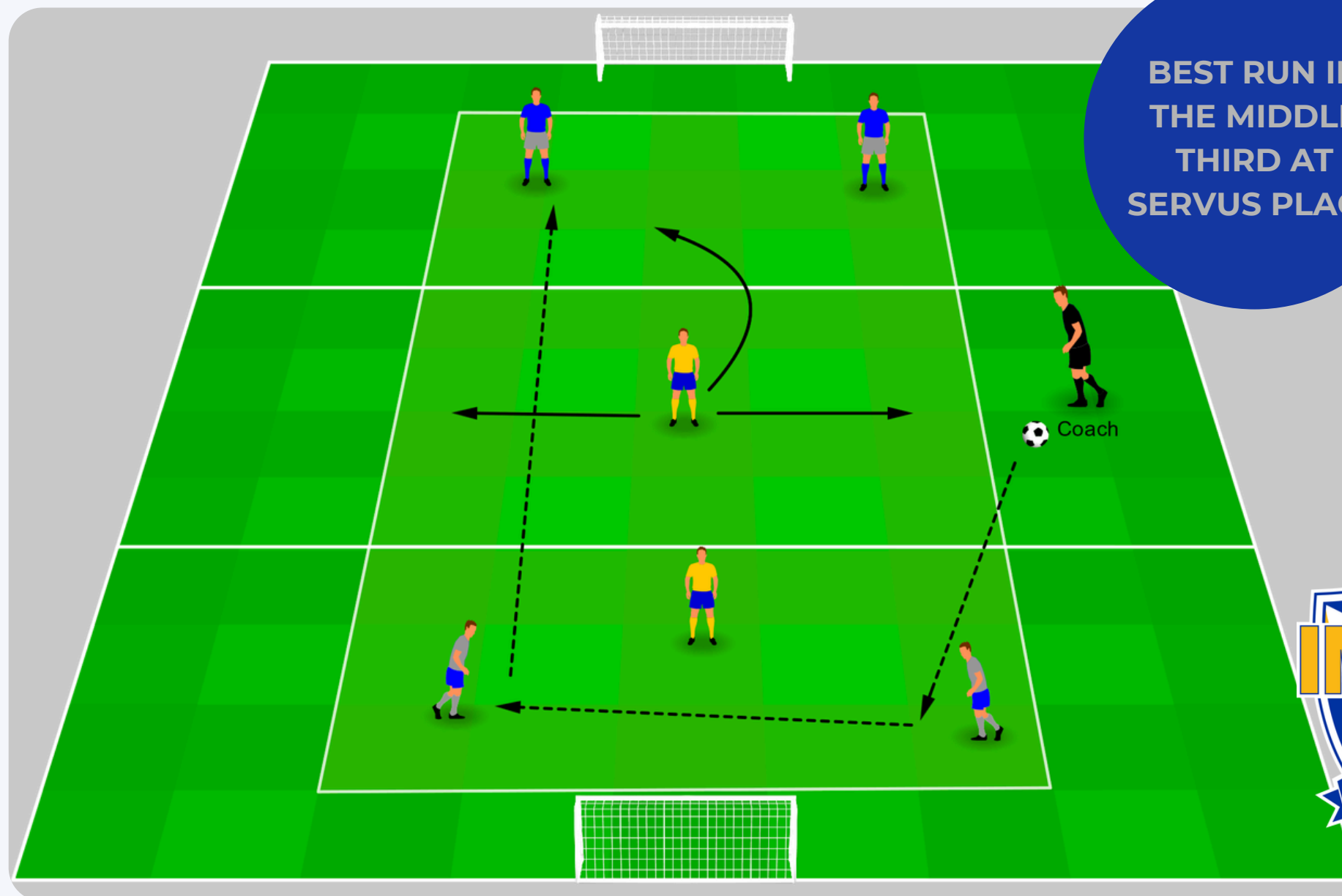
KEYS - Finding those opportunities to pass the ball forward and getting the ball in behind the defensive pressure / defensive lines.

SCORING SYSTEM

1 Point = Attacking team connects passes from one zone to the next zone.

1 Point = Defender wins the ball back and scores on one of the pop up goals in the zone they were just defending.

NOTE - There is no point awarded if the middle zone defender wins the ball



BEST RUN IN THE MIDDLE THIRD AT SERVUS PLACE



COACHING POINTS

Passing

- Make eye contact with the player you are passing to
- Focus on connecting your pass
- Proper weight and timing of the pass
- Pass into feet or into space

COACHING POINTS

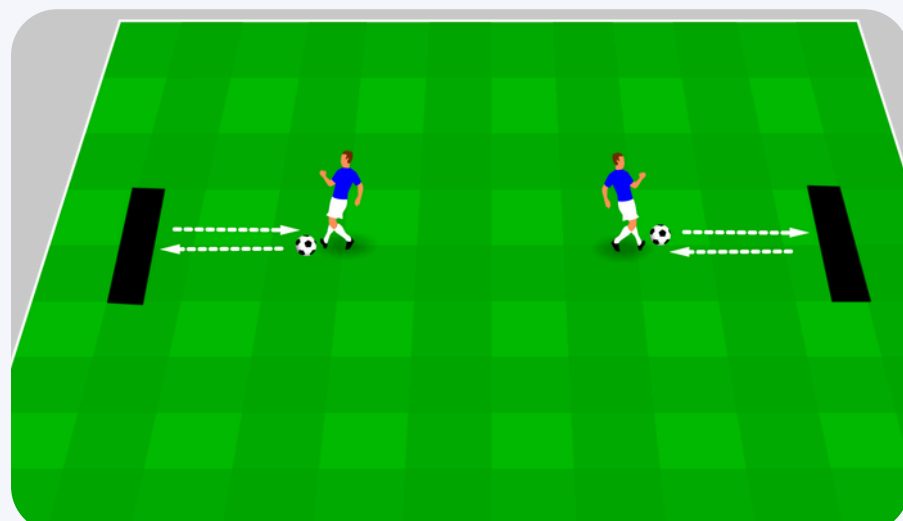
Receiving

- Make eye contact with the player who is passing to you
- Move into a good supporting position
- Know where you are passing to next (Who's the next pass_

SESSION 4 - POSITIVE PASSING

SESSION OVERVIEW

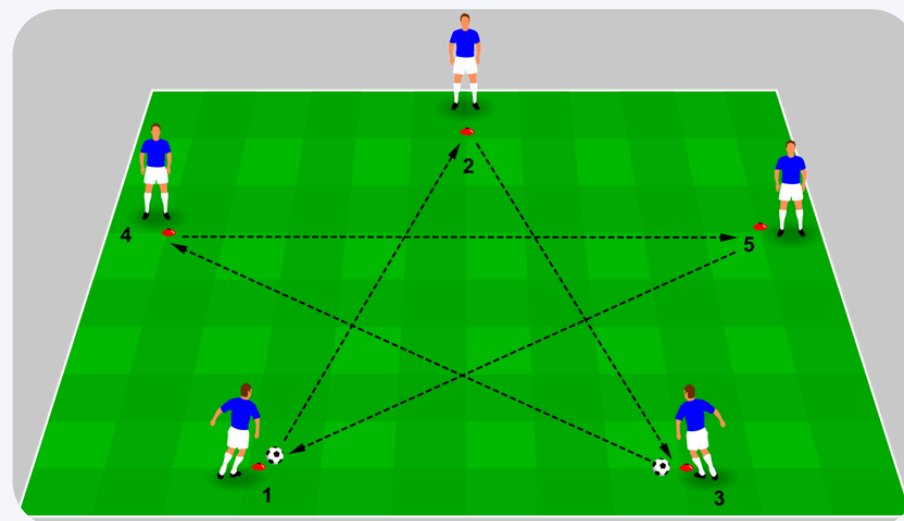
WARM UP



SET UP

Players find a small space around the side boards and pass the ball back and forth against the wall **ON THE GROUND**, focusing on not only passing techniques but also receiving techniques.

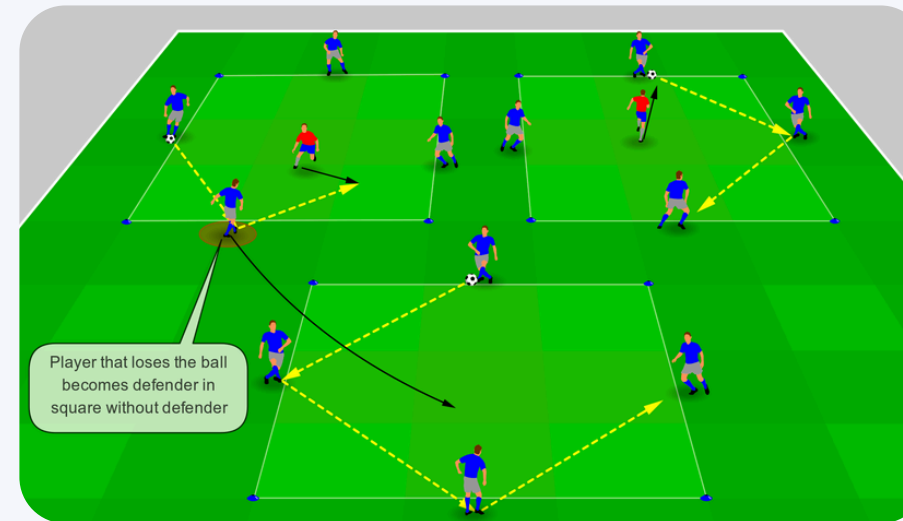
ACTIVITY 1



SET UP

Set up a STAR passing pattern, 1 pattern per 6 players.

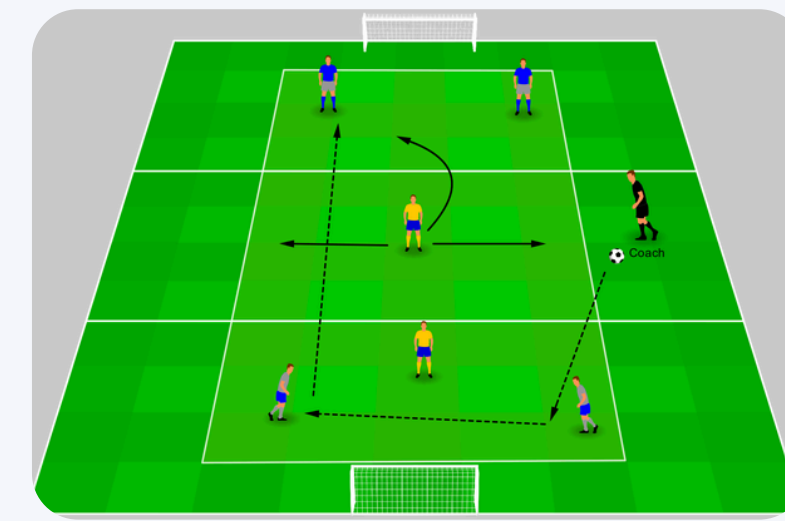
ACTIVITY 2



SET UP

Set up three mini grids of 15 yards x 15 yards. There is a gap of 5 yards between the grids with balls set up in the middle of the 3 grids for easy access from the players.

ACTIVITY 3



SET UP

Set up 2 playing fields with dimensions of about 15 yards in width by 25 yards in length with pop up goals set up in the middle of the end lines on each field.



ACTIVITY DESCRIPTION

A simple star passing pattern focused on moving the ball at a quick tempo. Players will pass the ball through the pattern and follow their pass to the next line. The pattern will start with 1 ball at the 1st cone.

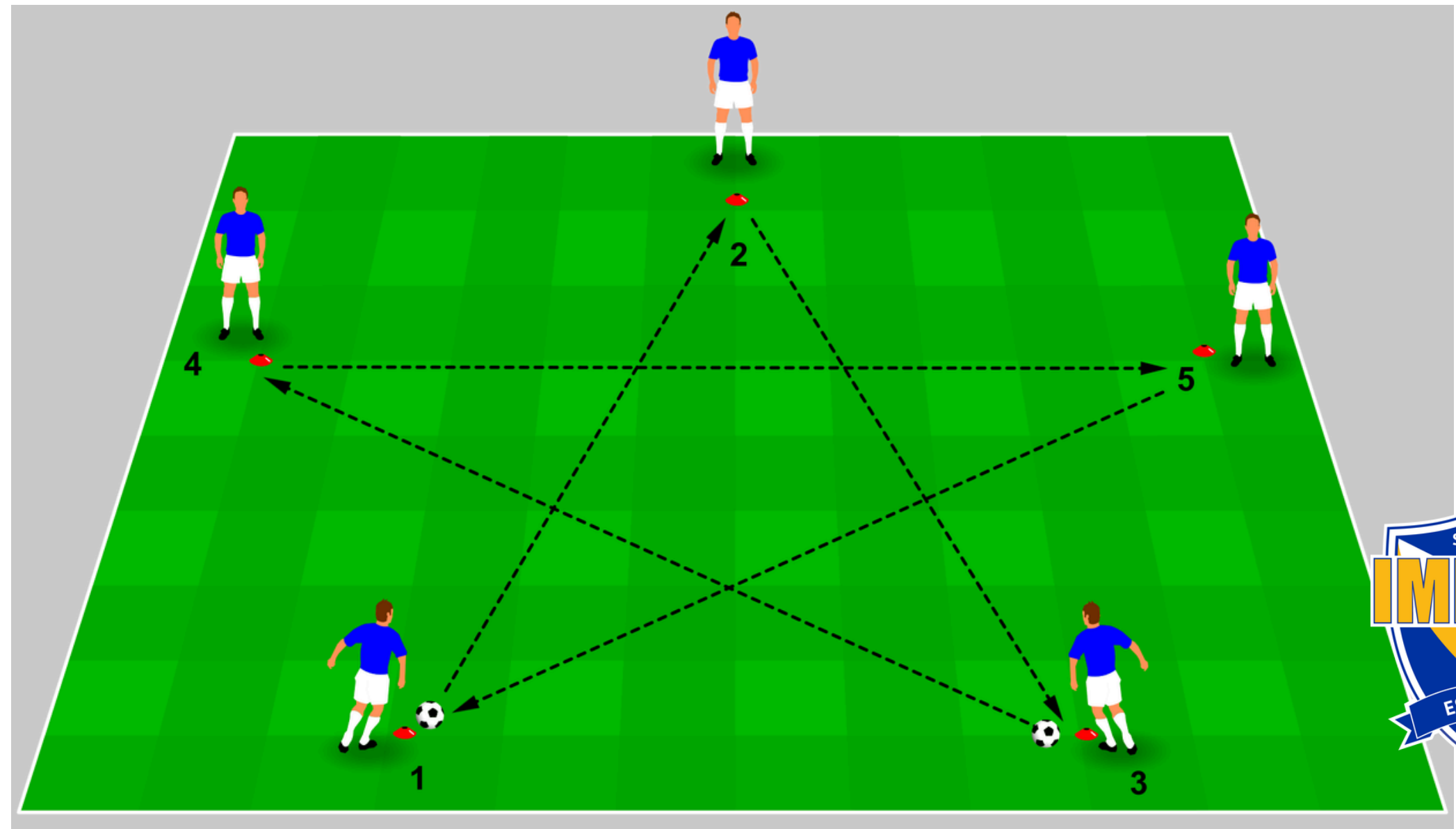
Focus on finding the tempo of one touch to control the pass, one touch to play the ball out of the foot, one touch to pass the ball to a teammate. Then progress to one touch to control, one touch to pass.

With two patterns set up, consider challenging the players by making the pattern a timed race to see how many times they can complete the pattern in 2 minutes.

Another progression for this pattern would be to incorporate a second ball into the pattern at cone 3 to get the ball moving quicker.

COACHING CONSIDERATIONS

This passing pattern can be used as a retreat line passing pattern where the Goalie (A) passes the ball to the wide defender (B) who passes the ball centrally to the centre mid (C) who passes the ball wide to the winger (D) who plays the ball into the forward (E).



COACHING POINTS

Passing

- Make eye contact with the player you are passing to
- Focus on connecting your pass
- Proper weight and timing of the pass
- Pass into feet or into space

COACHING POINTS

Receiving

- Make eye contact with the player who is passing to you
- Move into a good supporting position
- Know where you are passing to next (Who's the next pass_

ACTIVITY DESCRIPTION

Players are organized into 3 teams of 4 players.

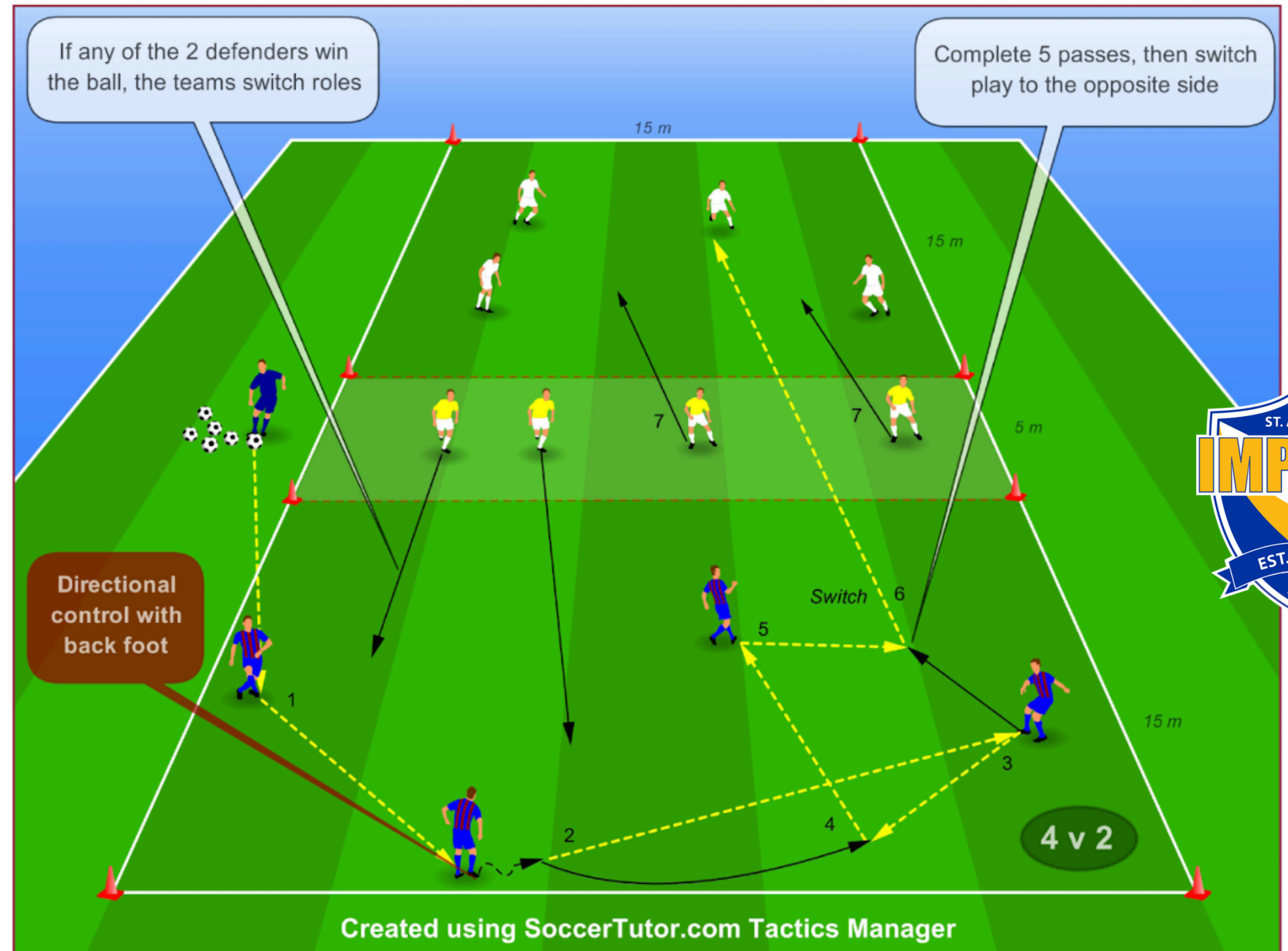
To start, the players in blue at the bottom of the grid are looking to pass the ball around, while the yellow team will send in 2 defenders to pressure and win the ball.

The aim is to complete 5 passes against the 2 yellow defenders (who move to press), and then try to switch play to the white team in the top zone.

The remaining 2 yellow players in the middle zone are trying to block the pass through and intercept the ball.

If the whites receive the ball through from the blue team, a new 4v2 is created. The 2 yellow players in the middle zone enter the white team's grid and look to press the ball, while the 2 yellow defenders from the blue grid enter the middle grid and become blockers.

This is a continuous possession game. If the defending team win the ball, they swap roles with the team that lost it.



COACHING POINTS

1. Encourage quick passing and intelligent movement to create passing angles.
2. Directional control with the back foot (taking our touches away from pressure).
3. Scan for switching opportunities early (look to pass away from pressure)

EQUIPMENT

Cones
Soccer Balls
Pinnies
Nets

ACTIVITY DESCRIPTION

Set up the field as pictured and divide the players up into 2 teams. The two teams are set up on the inside with subs set up on the outside waiting for their turn.

Just a regular game, teams are scoring directionally. If the attacking team can combine passes and then score on the net, the goal will be worth the number of passes combined.

If there are extra players, look to make subs every 1:30 - 2 minutes.

Play is restarted on either a dribble in or a kick in.

COACHING POINTS

Dribbling

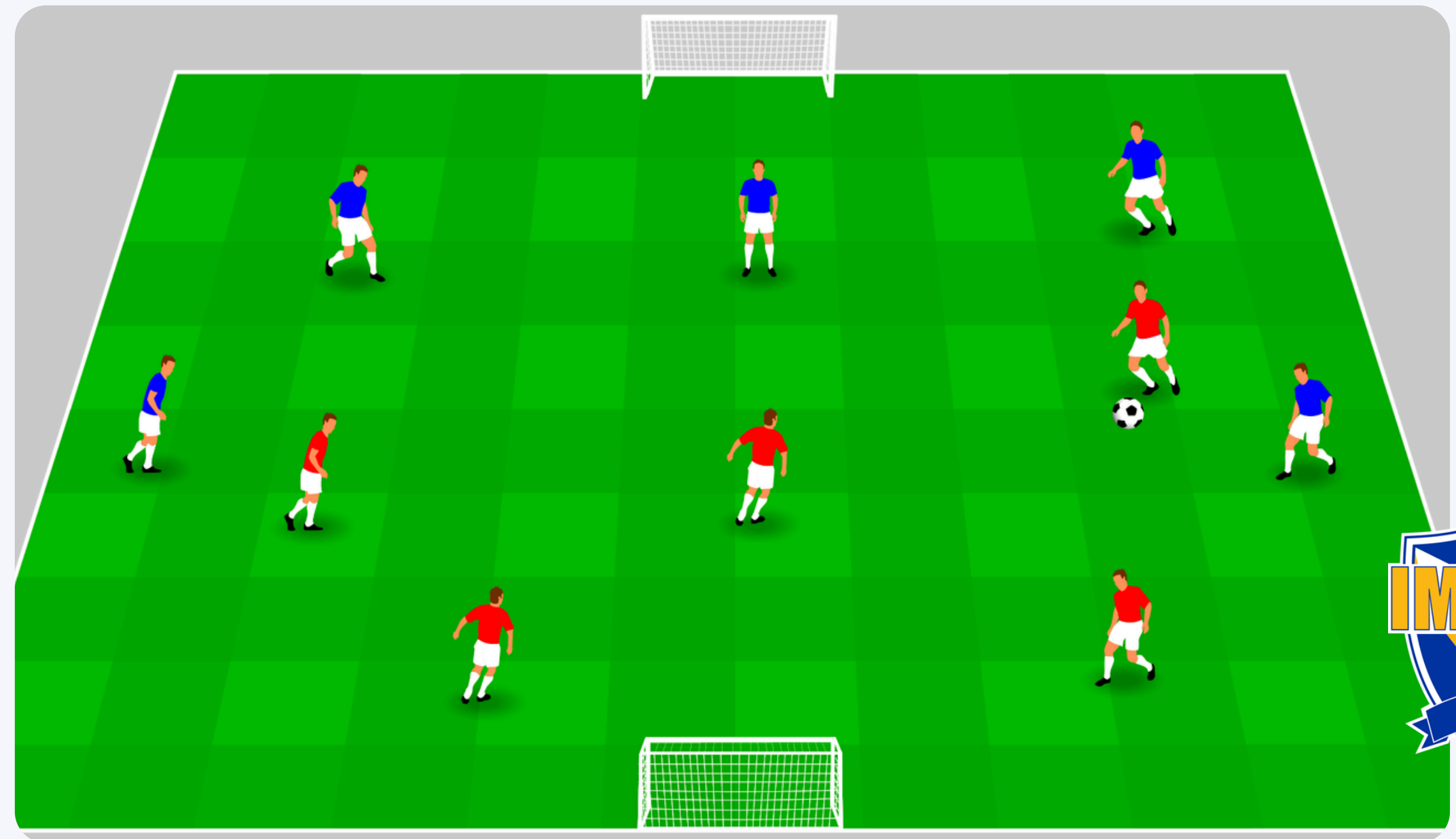
- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

Since the opposition can get a point from intercepting the ball, can we be more considerate and focused on our passing or look to dribble the ball more than forcing a pass.

Additional Constraints to get what we want out of the game could be players have to take a minimum of 3 touches prior to passing the ball.

SCORING SYSTEM

The number of passes equals the number of goals scored. If a defender touches the ball once, the passes are reset to zero.

For example, 5 passes and then a goal = 5 points.

ACTIVITY 3

EQUIPMENT

Cones
Soccer Balls
Pinnies

ACTIVITY DESCRIPTION

Set up 1 set of Rondo grids (8 yards x 8 yards) with a 3 yard gap in between them for every 6 - 8 players in attendance. Example, 12 players = 2 of these set ups.

Players will play a 3v1 while the other 2 players wait in their grid for the ball to be played over. If the defender wins the ball, they are looking to dribble outside of the grid to transfer the ball over to their teammates in wait.

U8's / U9's - Run this activity as individual 3v1's where the defender must dribble outside the grid to get a point.

COACHING POINTS

Dribbling

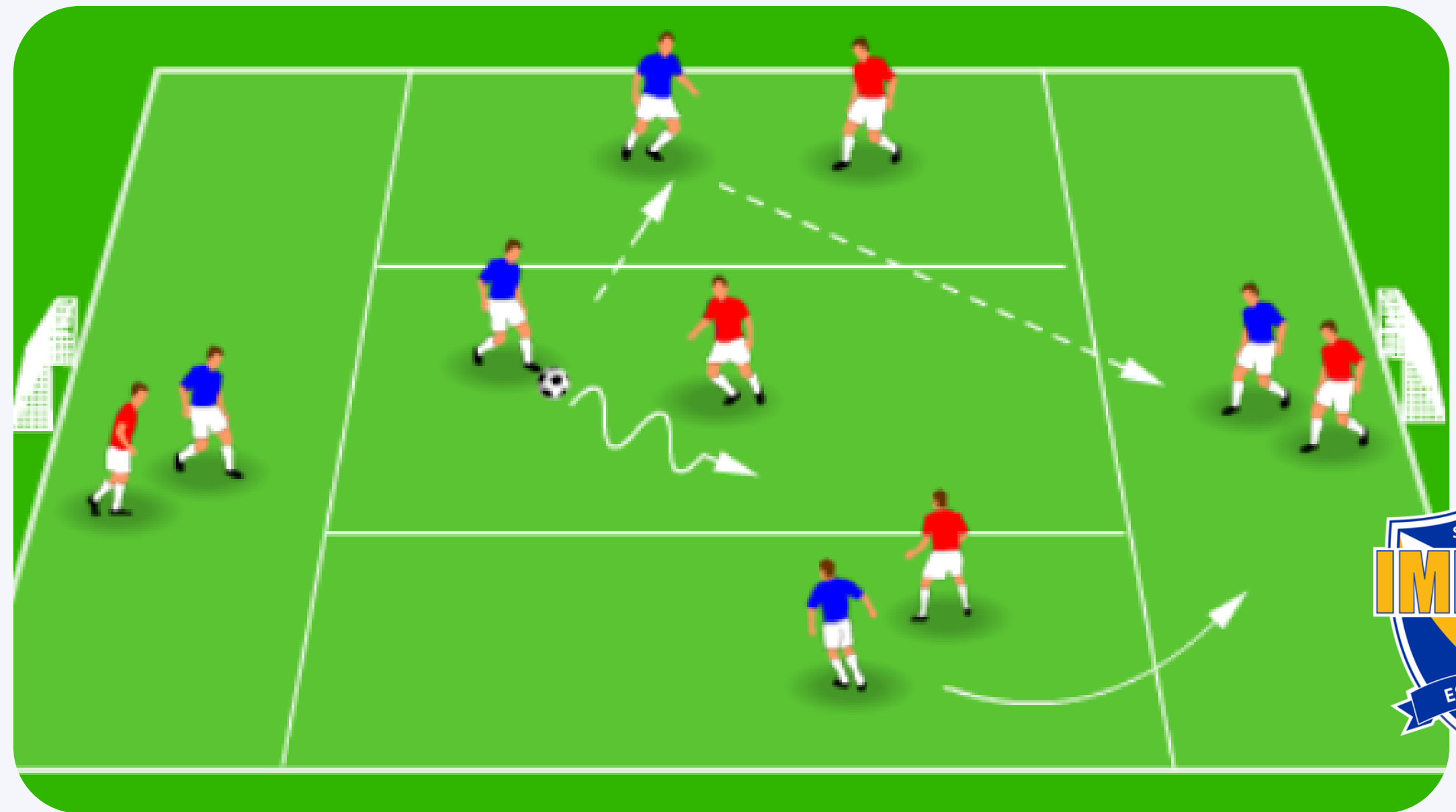
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Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

The attacking team must take a minimum of 3 touches before passing to help develop their ball control skills. If an open pass isn't available, can players maintain possession of the ball by dribbling.

After the defender wins the ball back, attack the open space quickly to escape the pressure.

SCORING SYSTEM

2 Point = Defender wins the ball back and dribbles out of the grid

1 Point = Attacking team connects 3 passes in a row